

## Nutrition

	per 100g
Energy	845kJ/199kcal
Fat	1.0g
of which Saturates	0.2g
Carbohydrate	39g
of which Sugars	0.7g
Fibre	2.8g
Protein	7.5g
Salt	0.91g

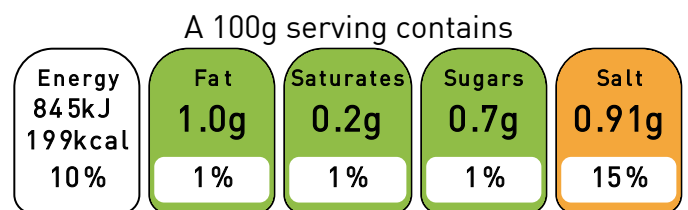
## Ingredient Declaration

WHEAT Flour, Water, WHEAT Bran [RYE] (3%), Dried WHEAT Sourdough (WHEAT Flour, Starter Culture, WHEAT Gluten, Flour Treatment Agent E300, Enzymes), Salt, Additive (1%) (WHEAT Bran, Malt Extract [BARLEY Malt, Water]), WHEAT Gluten, Yeast (Saccharomyces Cerevisiae, Emulsifier: E491), Anti-Caking Agent E170, Emulsifier E472e, Flour Treatment Agent: E300, Enzymes [WHEAT, SOYBEANS, MILK]

## Allergens

- Contains Gluten !
- Contains Wheat !
- Contains Rye !
- Contains Barley !
- Contains Soybeans !
- Contains Milk !
- Suitable for Vegans and Vegetarians

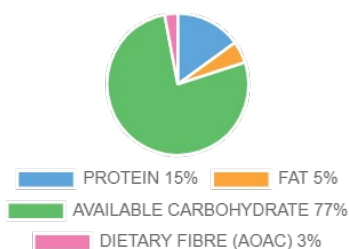
## Front of Pack



of an adult's reference intake

Typical values per 100g: 845kJ/199kcal

## Energy Contributions



## EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	845 10%
Total Fat	g	70.0	1.0 1%
Saturates	g	20.0	0.2 1%
Carbohydrate	g	260.0	38.6 15%
Sugars	g	90.0	0.7 1%
Protein	g	50.0	7.5 15%
Salt	g	6.0	0.91 15%

